Rice University - Lifetime Physical Activity Program

155 Intro to Ballet – Fall 2014
Mon/Wed 11:00 – 12:05

Instructor: Megan Gossett **Email**: mwsgossett@yahoo.com

"The body is our instrument. One thing to remember is that we all have the same instrument, whether some of us have shaped it into the body of a dancer or not." Peter Martins

"Dance makes use of normally unused parts of the body." Peter Martins
"I look for perfect dancers...and I don't have one yet because there is no such thing as perfection." George Balanchine

"Dancers are instruments, like a piano the choreographer plays." George Balanchine

"Dance is music made visible." George Balanchine

Course Description:

This is a beginning level course designed to offer an introduction to basic ballet technique and to develop the student's understanding of ballet fundamentals, body awareness and musicality. This course intends to inspire an appreciation for the art of ballet through physical activity and observation through the exposure to and analysis of recorded and live performance. Students will be evaluated through attendance and participation and the observation of a ballet performance.

Course Objectives:

To optimize health and body awareness

To introduce basic ballet terminology

To learn and execute basic ballet barre and center work which are the fundamentals of movement essential to the understanding and proper execution of the classical ballet technique

To understand musicality and the relationship between movement and music

To develop the student's appreciation for ballet through the execution of the movement and through attendance of live performances

Attendance Policy:
The attendance policy for LPAP courses that meet twice a week will be as follows:
Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed two "free" absences. Should a student miss an additional class(es) she/he will need to arrange to make up the missed class at a time and place that is agreed upon by both the student and the instructor. It is the responsibility of the student to initiate conversation with the instructor to discuss the make-up, and an agreement must be reached between the two within two weeks of the absence. If a student fails to make up a missed third or fourth class, his/her final grade will drop by one or two grade letters, respectively.

Please note, students will not be allowed to make up more than two classes. Five total absences, including those that were made up and no matter their circumstance, will result in a failing grade for the course.

** You may receive credit for classroom observation and may be asked to do additional assignments if you sustain an injury which would prevent safe participation. Notes must be taken during observation and turned in at the end of class - NO TEXTING will be permitted during observation

**5 points will be deducted for each late arrival

MAKEUPS COULD TAKE LONGER THAN TAKING THE ACTUAL CLASS

Make up options:
• attendance of another ballet class (Houston Ballet Academy www.houstonballet.org, Houston Met Dance Center www.houstonmetdance.com)

• observation of a live or recorded ballet and a brief one page description

Class Etiquette:
You are expected to be on time – **students more than fifteen minutes late will be asked to observe class and do an additional assignment to make the class up**
No talking or sitting (except during stretches) during class time
No hanging or leaning on ballet barres
Please turn cell phones off or on vibrate
If you are late for unavoidable reasons enter quietly
Please do not eat or drink (besides water) or chew gum during class
Please maintain a respectful and supportive attitude towards other classmates.

Dress Requirements:

Ballet shoes **ARE** required – please be sure to sew necessary elastic onto shoes. For ladies, leotards and tights are preferred. Yoga pants or leggings are acceptable, as long as they are tight fitting. Yoga pants that come above the knee are preferred. For men, tight fitting t-shirts or tank tops and shorts are acceptable – please wear bike shorts under baggy shorts. ALL CLOTHES SHOULD BE FORM FITTING. NO SHORT SHORTS. Please remove large jewelry. All long hair MUST be securely pinned up - avoid large hair clips that could come out.

Costumes and Dancewear 1503 Dunlavy St. Houston, Texas 77006 (713-523-4004)

Academy Sports

Rice Honor Code
Every member of the academic community is expected to uphold their pledge to the Rice Honor Code. In this course, any student suspected of cheating on an exam or written assignment will be reported to the Chair of the Honor Council, and an investigation will ensue. Any questions that you may have about what constitutes an honor code violation in this class can be directed to the instructor.

ADA Statement

This instructor, in conjunction with Rice University, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodation, please contact the Disability Support Services Office in the Ley Student Center. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

Evaluation:

Attendance/punctuality and active participation	400 points
Signed attendance policy	25 points
Viewing of a live or recorded ballet and description	75 points
Total points possible	500 points

Grading Scale

Average	Points	Grade
94-100	468-500	A
90-93	448-467	A-
87-89	433-447	B+
83-86	413-432	B
80-82	398-412	B-
77-79	383-397	C+
73-76	363-382	C
70-72	348-362	C-
67-69	333-347	D+
63-66	313-332	D
60-62	298-312	D-
< 60	<298	F

Intro to Ballet

I, _____, have read and understand the syllabus and the attendance policy.

Attendance Policy:
The attendance policy for LPAP courses that meet twice a week will be as follows:
Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed two "free" absences. Should a student miss an additional class(es) she/he will need to arrange to make up the missed class at a time and place that is agreed upon by both the student and the instructor. It is the responsibility of the student to initiate conversation with the instructor to discuss the make-up, and an agreement must be reached between the two within two weeks of the absence. If a student fails to make up a missed third or fourth class, his/her final grade will drop by one or two grade letters, respectively.

Please note, students will not be allowed to make up more than two classes. Five total absences, including those that were made up and no matter their circumstance, will result in a failing grade for the course.

** You may receive credit for classroom observation and may be asked to do additional assignments if you sustain an injury which would prevent safe participation. Notes must be taken during observation and turned in at the end of class - NO TEXTING will be permitted during observation

**5 points will be deducted for each late arrival